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In Fit to Pitch, baseball's best pitching expert, Tom House, shares the coaching secrets that helped Nolan Ryan sustain a long, successful career and Randy Johnson win a Cy Young Award. With House's pitcher-specific training program, you'll strengthen your body and your arm so you can take the mound in top condition.

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Taking the cue from the currency of risk in popular and interdisciplinary academic discourse, this book explores the development of the English novel in relation to the emergence and institutionalization of risk, from its origins in probability theory in the late seventeenth century to the global ‘risk society’ in the twenty-first century. Focussing on 29 novels from Defoe to McEwan, this book argues for the contemporaneity of the rise of risk and the novel and suggests that there is much to gain from reading the risk society from a diachronic, literary-cultural perspective. Tracing changes and continuities, the fictional case studies reveal the human preoccupation with safety and control of the future. They show the struggle with uncertainties and the construction of individual or collective ‘logics’ of risk, which oscillate between rational calculation and emotion, helplessness and denial, and an enabling or destructive sense of adventure and danger. Advancing the study of risk in fiction beyond the confinement to dystopian disaster narratives, this book shows how topical notions, such as chance and probability, uncertainty and responsibility, fears of decline and transgression, all cluster around risk.

Are you a hard worker? Are you tired of busting your butt and not having the size and strength to show for it? You can't reach your goals in the gym without a plan! Now you will never have to hit the gym without a set workout again! What you have in your hands is the ultimate blueprint to a bigger, stronger you! Now all your hours sweating and toiling away on the weight pile won't be in vain. Even the most seasoned gym veterans and highly skilled trainers have difficulty consistently coming up with fresh and effective workouts. But for those willing to put in the time (the lazy and uncommitted need not apply), the Size and Strength Blueprint is here to take your strength and physique game to the next level. In this book we show you exactly what to do to put on pounds of quality lean muscle mass, and strength levels to match, in a matter of weeks! These are not theory-based workouts. They have been tested and proven on world-class athletes from IFBB Pros Johnnie Jackson and Branch Warren, World Record Holder Jeremy Hoornstra, professional athletes, and some of the strongest men in the world. Josh and Noah Bryant have "been there and done that" and are full-time trainers whose clients make up the A-List of the weightlifting world. You can now use the secrets and methods of two of the world's best trainers in your own program. Imagine, in just a couple of months, being more confident, feeling better physically and mentally, and reaching goals you previously thought unattainable, all without living in the gym and doing hours of cannibalizing cardio! The Blueprint is going to be the greatest training investment you have ever made and is an absolute necessity for any serious strength athlete or personal trainer. If you have the work ethic, we have the plan!

This comprehensive, go-to volume features cutting edge discussion of the emergency department management of mental health patients.

Wireless home networks are better than ever! The emergence of new industry standards has made them easier, more convenient, less expensive to own and operate. Still, you need to know what to look for (and look out for), and the expert guidance you'll find in *Wireless Home Networks For Dummies, 3rd Edition* helps you ensure that your wire-free life is also a hassle-free life! This user-friendly, plain-English guide delivers all of the tips, tricks, and knowledge you need to plan your wireless home network, evaluate and select the equipment that will work best for you, install and configure your wireless network, and much more. You'll find out how to share your Internet connection over your network, as well as files, printers, and other peripherals. And, you'll learn how to avoid the "gotchas" that can creep in when you least expect them. Discover how to: Choose the right networking equipment Install and configure your wireless network Integrate Bluetooth into your network Work with servers, gateways, routers, and switches Connect audiovisual equipment to your wireless network Play wireless, multiuser computer games Establish and maintain your network's security Troubleshoot networking problems Improve network performance Understand 802.11n Whether you're working with Windows PCs, Mac OS X machines, or both *Wireless Home Networking For Dummies, 3rd Edition*, makes it fast and easy to get your wireless network up and running—and keep it that way!

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